

Week of 09 / 07 / 2020 / Cycle 5 - Diet Line

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Sep 7th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL LABOR DAY LUNCHEON Soup/ Pot Salad/ Coleslaw/ Ribs Shrimp/ Turkey Steak/ All Beef Dogs DL Corn / DL Broccoli / DL Carrots DL Wstrn Beans /Wheat Rolls / NSA Desrt	DL Tomato Tortellini & Vegetarian Veg Soups DL Baked Pork w/DL Pork Gravy Topped w/DL Cornbread Dressing DL Baked Sweet Potato / Wheat Roll DL Sautéed Italian Green Beans
T U E S Sep 8th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Chicken Curry & Vegetarian Veg Soups DL Gourmet Turkey Salad DL Vegetable Cutlet w/DL Gravy DL Mashed Potatoes w/DL Gravy DL Butter Beans w/Onions DL Normandy Veggies / Wheat Rolls	DL Chicken Curry & Vegetarian Veg Soups DL Fresh Salmon Cakes w/DL Tartar Baked Potato w/FF Sour Cream DL Turnip Greens DL Cauliflower Wheat Rolls
W E D Sep 9th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Grilled & Oven Fried Chick Brst/Thgh DL Bada Bing Bada Banged Pot DL Sautéed Cabbage / Cornbread DL Sautéed Rutabagas / Wheat Rolls	DL Soups / DL Sausage / DL Bacon DL Scrambled Egg Beaters DL Sausage Egg Beaters Casserole DL Hash Browns / DL SOS / Biscuits Pancakes / Sugar Free Syrup
T H U Sep 10th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Pasta Fagioli & Vegtarn Veg Soups DL Trky Philly Cheese Steak w/ Wheat Hoagie DL Baked Potato Logs DL Sautéed Brussel Sprouts w/ Onions DL Sautéed Yellow Squash	DL Pasta Fagioli & Vegtarn Veg Soups DL BBQ Baby Back Ribs DL Ranch Potatoes DL Coleslaw DL Tuscan Blend Veggies / Wheat Roll
F R I Sep 11th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Chicken & Rice & Vegetarian Veg Soups DL Oven Fried & Baked Fish DL Twice Baked Potato Casserole DL Bavarian Beet Salad DL Okra / Wheat Rolls	DL Chicken & Rice & Vegetarian Veg Soups DL Tomato & Turkey Meat Sauce 'n DL Pasta Casserole / Wheat Rolls DL Grilled Mixed Veggies DL Sugar Snap Peas/ Garlic Bread
S A T Sep 12th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Shredder Hash Brown Potatoes Biscuits / DL Biscuit Gravy	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Chicken Salad DL Shrimp Scampi Parmesan Over DL Pasta DL Cinnamon Whole Carrots DL Roasted Asparagus / Wheat Rolls	DL Beef, Spnch, Psta & Vegtarn Veg Soups DL Chick Brst / Thgh Stew w/Potatoes DL Carrots & Celery / Brown Rice DL Sautéed Fresh Zucchini Chunks DL Green Peas Wheat Rolls
S U N Sep 13th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Cabbage & Vegtarn Veg Soups DL Cornish Hen Halves DL Uncle Ben's Cranberry Wild Rice DL Super Sweet White Corn DL Whole Green Beans / Wheat Rolls	DL Cabbage & Vegtarn Veg Soups DL Veal Scallopini DL Wild Rice w/ DL Scallopini Sauce DL Italian Pepper Salad DL Broccoli Florets / Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil